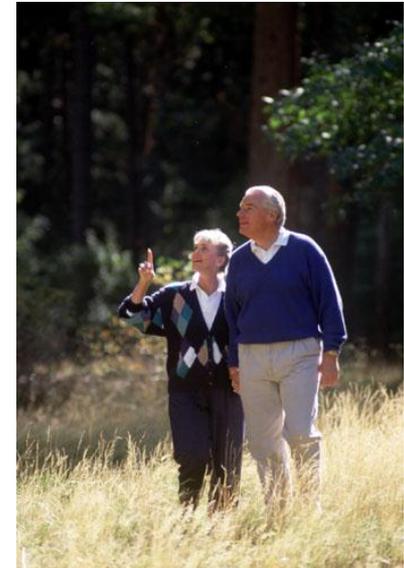


GAPS

Gut And Physiology / Psychology Syndrome

Dr Natasha Campbell-McBride MD



Human body is an ecosystem

- Microbiome of human body
- Gut flora is the headquarters of our microbiome - its biggest and most important part
- Food is powerful: it changes gut flora rapidly, through it changing the whole body microbiome
- GAPS Diet, through healing the gut, brings health and healing to the whole body

Functions of gut flora

- Protection, integrity and health of the gut
- Digestion and absorption of food
- Production and recycling of vitamins, hormones and neurotransmitters
- Regulation of the immune system
- Regulation of appetite and food consumption
- Mood, behaviour and circadian rhythm regulation
- Detoxification

What can damage gut flora

- Antibiotics
- Steroids, The Pill
- Other Drugs
- Stress
- Poor Diet
- Infections
- Disease
- Bottle Feeding
- Old Age
- Pollution
- EMF, 5G
- Alcohol
- Toxic Chemicals
- Dental Work

Where does gut flora come from?

- Uterus, ovaries and Fallopian tubes have flora
- Placental microbial flora
- Baby starts developing bodily flora *in utero*
- Major acquisition of flora during natural birth
- Both parents are a source of bodily flora
- C-section babies have lower diversity of microbes
- Breast milk is a major influence on gut flora
- Weaning brings the gut flora close to adult state

An epidemic of abnormal gut flora

- Gut flora is getting worse generation after generation
- Parents pass increasing toxic load to babies
- Children born with abnormal gut flora & a large toxic load
- Compromised gut, immune system and detox system
- Ear infections and chest infections, antibiotics
- Vaccinations
- Usual weaning diet
- Gut dysbiosis leads to damaged gut wall
- Toxins, microbes, undigested foods enter the body
- Child develops physical illness and brain dysfunction

All diseases begin in the gut!

Hippocrates, 460-370 BC

GAPS

Gut And Psychology Syndrome

Gut And Physiology Syndrome

GAP Syndrome establishes a connection

between the state of the gut and the

health of the rest of the body

Gut And Psychology Syndrome - GAPS

Child

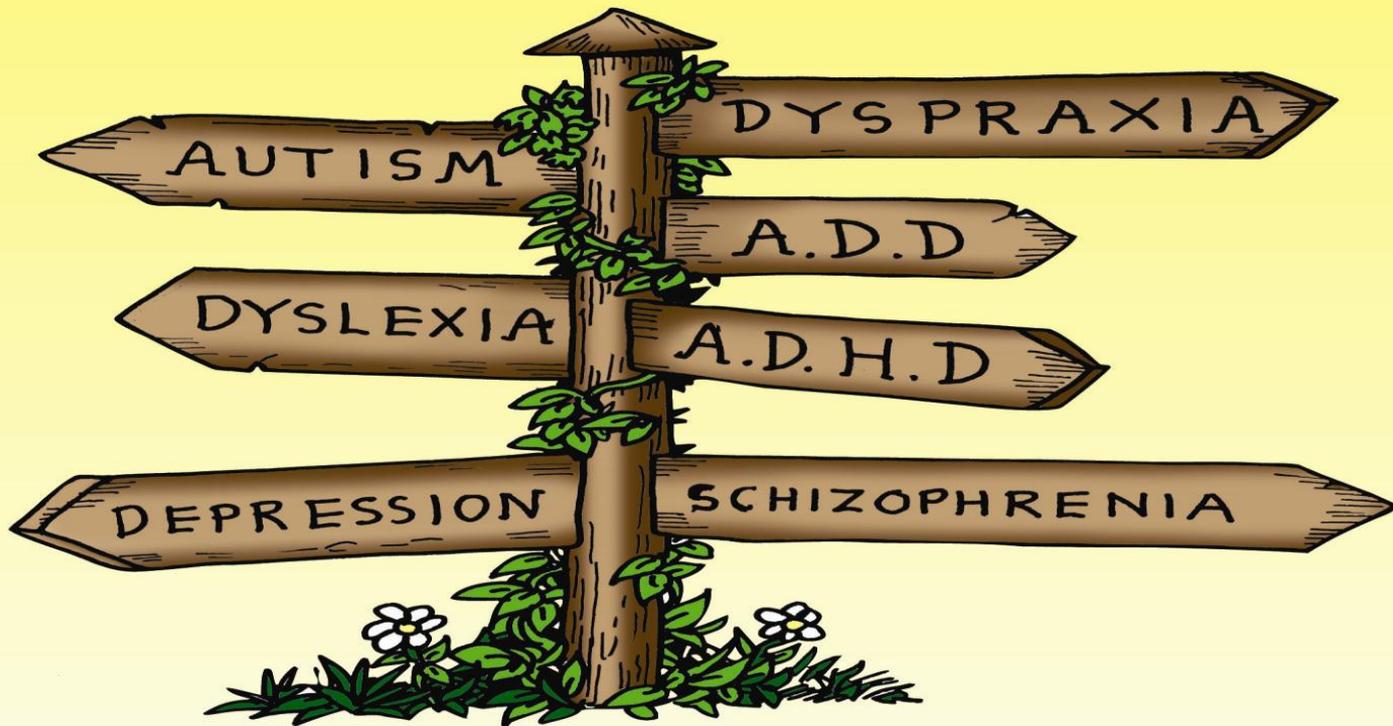
- AUTISM
- ADHD/ADD
- DYSLEXIA
- DYSPRAXIA
- LEARNING,
BEHAVIOURAL,
SOCIAL PROBLEMS
- EPILEPSY

Adult

- SUBSTANCE ABUSE
- DEPRESSION
- EATING DISORDERS
- OBSESSIVE-
COMPULSIVE
- MANIC-DEPRESSIVE
- SCHIZOPHRENIA
- EPILEPSY

Gut and Psychology Syndrome

Natural treatment for



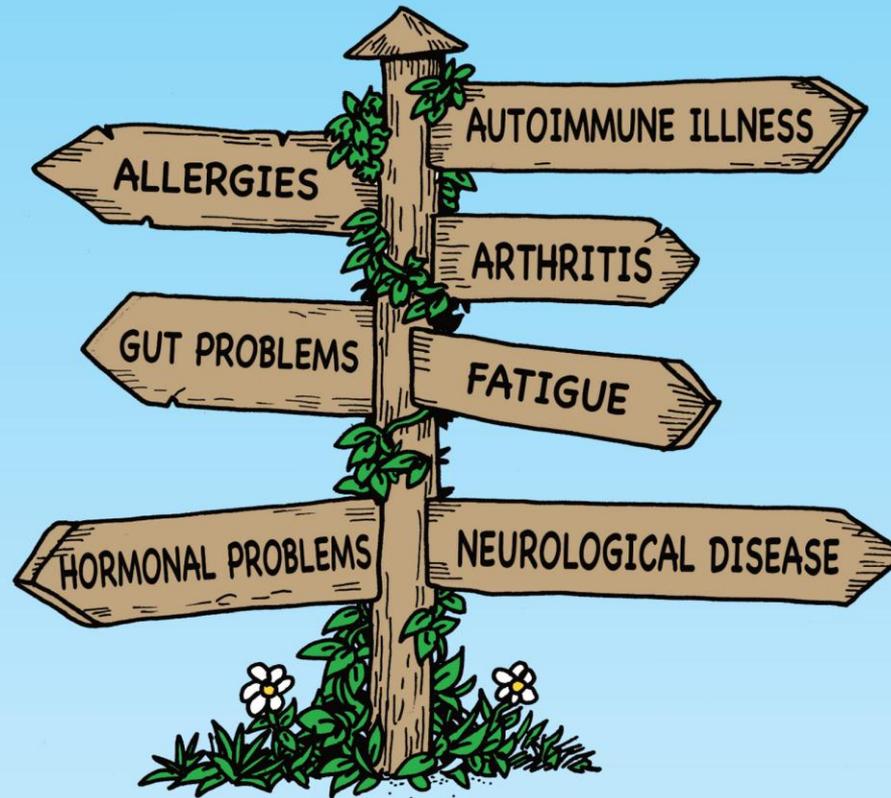
**Dr. Natasha Campbell-McBride MD,
MMedSci(neurology), MMedSci(nutrition)**

Gut And Physiology Syndrome - GAPS

- All digestive disorders: *IBS, IBD, gastritis, colitis, oesophagitis, celiac disease, etc*
- Autoimmunity: *multiple sclerosis, rheumatoid arthritis, diabetes type 1, osteoarthritis, lupus, interstitial cystitis, psoriasis, alopecia, etc – best part of 200 conditions*
- Arthritis of many kinds
- ME, fibromyalgia, chronic fatigue
- Allergies, asthma, eczema, hay fever, etc.
- Endocrine disorders (thyroid, adrenal, PMS, etc)
- Migraines, neuropathy, other neurological conditions
- Chronic cystitis, bed wetting, nephropathy
- Food intolerances, FPIES (Food Protein Intolerance Enterocolitis Syndrome), **etc.**

Gut and Physiology Syndrome

Natural treatment for



Dr. Natasha Campbell-McBride MD,
MMedSci(neurology), MMedSci(nutrition)

Food allergies & intolerances

- Gut wall is damaged and become leaky and porous
- Food absorbs undigested
- Immune system reacts to undigested food - allergy
- The reaction can be immediate or delayed (up to 2 weeks)
- Reactions: asthma attack, eczema, migraine, panic attack, psychotic attack, skin rash, brain fog, painful joints & muscles, heart palpitations, atrial fibrillation, poor memory, poor ability to learn, etc
- GAPS Diet heals and seals the gut wall, so food digests well before absorbing. Food allergies and intolerances disappear!

Autoimmunity: the immune system is never misguided!

- Mimicry phenomenon - the mainstream myth of autoimmunity – sales of immunosuppressive drugs
- Contamination mechanism of autoimmunity
- GAPS collagen disorder: arthritis, hernias, easy bruising, clumsiness, hypermobile joints, etc
- All chronic disease has an autoimmune component
- Immune function is regulated by the gut flora
- Healing from any autoimmune disease: start from the gut – GAPS Nutritional Protocol

*Most GAPS people
have feeding
problems!*

Food addiction

- Addiction to foods which feed pathogens in the gut: sugar, starch, wheat flour, potatoes, sweet fruit, processed carbohydrates, beer
 - Pathogenic microbes convert food into toxins (alcohol, ammonia, etc)
 - Part of this toxicity is made in the form of endorphins and morphins turning the person into a drug addict
 - The person limits their diet to processed carbohydrates
 - This situation leads to alcohol addiction & other addictions.
- Addictive personality forms
- All GAPS people have this problem to a different degree
 - The person needs to understand this in order to recover!
 - The parents of a child with this problem need to understand this and be ready to deal with this addiction in order to help their child
 - It is difficult to treat an addict or an alcoholic!

Fussy eating habits

- Often a first sign of GAPS
- Most children and adults with GAPS have this problem
- Lays the ground for anorexia, bulimia and other eating disorders
- Limit their diet to sweet & starchy foods
- Have solid physiological reasons: addiction
- Chapter “It’s feeding time. Oh, no!”
- Using behaviour modification technique you can get 100% success

*The treatment of
GAPS*

GAPS Nutritional Protocol

1. GAPS Diet - www.gaps.me
2. Supplements
3. Detoxification, sunbathing
& life style changes

GAPS Nutritional Protocol

- Has been in use for 20 years, the first GAPS book has been translated into 24 languages (gaps.me/where-to-buy-the-book)
- Effective in chronic mental and physical illnesses
- ***Certified GAPS Practitioners and GAPS Coaches*** around the world, listed on www.gaps.me
- ***GAPS Science Foundation*** www.gapssciencefoundation.org
- ***3rd GAPS Online Conference*** 16-18 February 2023
www.gapsoncon.com
- Training on www.GAPStraining.com

www.GAPStraining.com

- Certified GAPS Practitioner training
- Certified GAPS Coach training
- Getting Started on GAPS Course
- Baby GAPS Course
- GAPS Fussy Eating Meal-time Management Course
- Enema Masterclass Course
- Electro-pollution Fix Course
- GAPS courses in other languages: Turkish GAPS Practitioner Course - active, French, German & Spanish – under development

GAPS stands for Gut And Psychology Syndrome and Gut And Physiology Syndrome. I have created this term in 2004 to describe the plethora of health problems which stem from an unhealthy gut.

Since developing the GAPS Nutritional Protocol I have been receiving letters from GAPS people from all over the world. It is an honour and a privilege for me to publish these letters! These stories were written by real people, who have overcome their real health problems. Every one of these people feels that they have learned very valuable lessons on their healing journey: lessons which they are keen to pass to others, who may be struggling through the same difficulties. Please, use these stories as case studies, to study how to progress through your personal healing, and how to deal with problems that you may have to face on the way.

There is nothing more valuable than real life experience! When you have lived through something, fought the battle and won, you know what is true and what is false, what works and what doesn't. You possess the truth, you have lived it and you have earned it the hard way!

Many of these stories are humbling: the kinds of horrific problems that people have had to deal with are hard to imagine for the majority of us. Yet, these wonderful people tell their stories with such humour and such grace!

I would like to thank every one of these people for sharing their very personal stories with the world! This is an act of selfless benevolence, born out of the desire to help others, without asking for anything in return. Thank you!

Dr Natasha Campbell-McBride
Author of Gut and Psychology Syndrome

www.gaps.me

£12.95



GAPS Stories

Medinform

GAPS Stories

Personal Accounts of Improvement and
Recovery through the GAPS Nutritional
Protocol



Compiled by
Medinform Publishing

*The GAPS Diet is
the most important
treatment!*

Foods to avoid

- All grains
- Starchy vegetables
- Sugar, other commercial sweeteners
- Milk sugar Lactose
- Starchy beans including soy
- Vegetable cooking oils
- All processed foods
- All food additives

Recommended foods

- All meats cooked from fresh or frozen
- All fish cooked from fresh or frozen
- Organ meats
- Good quality eggs
- Non-starch vegetables
- All ripe fruit including dried fruit
- Nuts and seeds
- Fermented foods: dairy, vegetables, etc
- Cold extracted honey

Meat & fish stock

- Homemade meat & fish stock
- Soups and stews made with stock
- Meat jelly made at home
- Bone marrow
- Joints and cartilage
- Natural gelatine

Avoid commercial stock cubes or granules!

Fermented foods

- Fermented dairy – yoghurt, kefir, sour cream, cheese
- Fermenting vegetables using sauerkraut – type fermentation
- Fermenting vegetables with yoghurt/kefir starter
- Fermented meat and fish
- Fermented beverages
- Fermented beans and grains (when the patient is ready)

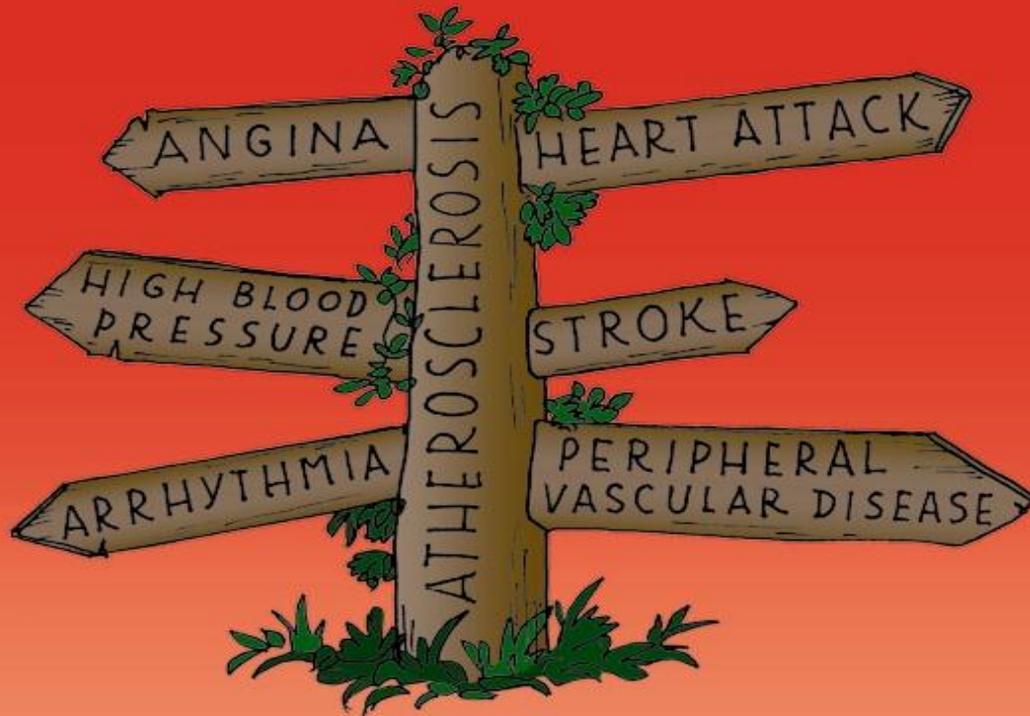
Natural fats

- All animal fats
- Butter and ghee
- Coconut oil and palm oil
- Cold pressed virgin olive oil

Avoid all margarines, butter replacements, vegetable oils and cooking oils

Put Your Heart in Your Mouth

Natural treatment for



**Dr. Natasha Campbell-McBride MD,
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Full spectrum of GAPS Diet

- GAPS Introduction Diet
- The Full GAPS Diet
- The No-Plant GAPS Diet
- GAPS Ketogenic Diet
- GAPS liquid fast
- More-plant GAPS Diet
- Details in *Gut And Physiology Syndrome* book (the blue book)

Confusion about vegetarianism

- Some choose this life style after discovering how industrial agriculture treats animals and birds
- Some believe that this is the healthiest life style
- Some do it for emotional, religious & political reasons
- Some believe that they are 'saving the Planet'
- Nutritional 'science' adds to the confusion
- Doctors see more and more young people damaging their health and destroying their lives through veganism
- Aggressive mainstream pro-veg propaganda

Avoid plant-based life styles !

- Animal foods are the FEEDING / BUILDING FOODS
- Plant foods are CLEANSERS
- Humans can live entirely on animal foods – *GAPS No-Plant Diet* for severe digestive problems and mental illness
- Humans cannot live entirely on plants !
- Veganism (only plants) is not a diet, it is a form of fasting
- Vegetarianism includes some animal foods (eggs, dairy & seafood). It is possible to be healthy if food is fermented, cooked fresh at home & high-fat animal products are consumed every day
- Vegetarianism is inappropriate for GAPS people !
- Individual need for plants & animal foods in everybody

Vegetarianism Explained



Making an Informed Decision

**Dr. Natasha Campbell-McBride MD,
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The rest of the GAPS Nutritional Protocol

- Keep supplements to a minimum
- Reduce general toxic load
- Sunbathing & swimming in natural waters
- Walk barefoot when possible
- Reduce electro-magnetic exposure
- GAPS Protocol restores the detoxification system, so toxins are removed naturally. Chelation of toxic metals can be done when the body is ready
- Sleep well !

Sleep well

- Animal research shows disintegration of the gut in sleep deprivation
- During sleep the brain deals with information from internal organs, re-balancing, healing and repairing them. Particularly the gut!
- Dreams are a mix of visceral information and conscious memories
- In GAPS visceral information is abnormal, leading to nightmares
- Sleep disruption causes gut problems (stomach ulcers, IBS, cancer)
- Healing of the gut (and other organs) largely happens during sleep !
- GAPS people need good night sleep and have a nap during the day
- The best sleep happens before midnight, so go to bed before 9 p.m.
- Follow the sun: sleep when it is dark. Cortisol follows the sun
- Don't stimulate cortisol production before bed: no screens, no bright lights, no coffee or chocolate, no stressful or stimulating activities
- As the gut flora improves, sleep improves & nightmares stop

www.gaps.me

Certified GAPS Practitioners & Coaches

Frequently Asked Questions

www.GAPStraining.com

GAPS Online Conference

16-18 February 2023 www.gapsoncon.com

www.gapssciencefoundation.org

www.Doctor-Natasha.com